

LIVING WITH A CHRONIC CONDITION? THERE'S HELP!



The Chronic Disease Self-Management Program is an amazing evidence-based workshop created by Stanford University enabling those living with chronic disease to regain control of their lives. Many essential, valuable skills and techniques are taught in this program to educate and empower those living with chronic conditions as well as those caring for them. Topics covered include: medication management, dealing with stress and difficult emotions, nutrition, exercise, pain and fatigue management, effective communication skills, problem solving, and decision-making skills. Participants will receive a free book entitled *Living a Healthy Life with Chronic Conditions*.

This free, life-changing, 6-week workshop series will meet from 1:00-3:30 at the Clifton Park Senior Community Center located at 6 Clifton Common Blvd. on Thursdays beginning March 2nd. The rest of the dates are as follows: March 9th, 16th, 23rd, 30th and April 6th. Participants are invited to meet for the free congregate lunch at noon courtesy of The Saratoga County Dining Program. Please register by noon one day in advance by calling 383-1343 and ask for the kitchen. Menu information is available upon request.

Please call Jen Buscema at 884-4110 for more information and to register for the workshop! Be sure to call soon as classes fill up quickly!

